



USDA SOUTH CAFÉ

MENU

Week of June 13-17

HOURS

Monday–Friday
6:30am–3:30pm

(V)= VEGETARIAN
ENTREE

(L)= MADE WITH
LOCAL INGREDIENTS

This month's Wellness Theme is Summer Food Safety. For nutritious recipes, wellness tips, and more, visit nutrition.ilcreations.com.

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Monday

HOT BAR

Oven Roasted Turkey (L)
Ginger Curry Chicken Wings (L)
Chicken with Picante Sauce (L)
Honey Lime Roasted Pork
White Fish Almondine
Pasta with Basil Pesto (V)
Turkey Meatloaf with Pan Gravy
Braised Cabbage
Braised Kale
Steamed Spinach
Glazed Carrots
Fresh Vegetable Melange
Glazed Sweet Potatoes
Steamed Red Rice
Herb Roasted Potatoes
Celery & Sage Bread Stuffing
Macaroni & Cheese
Mashed Potatoes (L)
Natural Turkey Gravy (L)
Cranberry Sauce

ASIAN BAR

Sesame Chicken (L)
Beef and Broccoli
Bourbon Chicken (L)
Spicy Green Beans
Cabbage & Carrots
Drunken Noodles
Vegetable Lo Mein
Pepper Pork
Steamed Dumplings
Spicy Meatballs
Variety of Fried and Unfried
White and Brown Rice Dishes

BARBECUE BAR

BBQ Pork
BBQ Chicken (L)
Sauerkraut
Spicy Potatoes (V)
Roasted Corn
Dirty Rice

SOUP

Beef Chili
Southern-Style Corn Chowder
Asian Chicken Noodle (L)

Tuesday

Dietitian Wellness Visit

HOT BAR

Oven Roasted Turkey (L)
Spicy Sriracha Chicken Wings (L)
Peruvian Roasted Chicken (L)
Baked Ham with Pineapple Glaze
White Fish with Pico de Gallo
Pasta w/ Sun Dried Tomatoes (V)
Beef Shepherd's Pie
Braised Kale
Roasted Eggplant
Chickpea Ratatouille (V)
Fresh Vegetable Melange
Sweet Potatoes with
Marshmallows (L)
Steamed Red Rice
Cajun Roasted Potato Wedges (L)
Celery & Sage Bread Stuffing
Macaroni & Cheese
Cranberry Sauce

ASIAN BAR

Sesame Chicken (L)
Beef and Broccoli
Bourbon Chicken (L)
Spicy Green Beans
Cabbage & Carrots
Drunken Noodles
Vegetable Lo Mein
Pepper Pork
Steamed Dumplings
Spicy Meatballs
Variety of Fried and Unfried
White and Brown Rice Dishes

INDIAN BAR

Tandoori Chicken Tikka (L)
Coconut Curry Fish
Curried Tofu (V)
Punjabi Style Cabbage
Vegetable Curry (V)
Steamed Yellow Rice

SOUP

Roast Turkey w/ Brown Rice (L)
Garden Vegetable
Asian Chicken Noodle (L)

Wednesday

HOT BAR

Oven Roasted Turkey (L)
Old Bay Chicken Wings (L)
Lemon Pepper Roast Chicken (L)
BBQ Ribs
White Fish with Garlic Butter
Pasta with Alfredo Sauce (V)
Braised Beef Brisket
Braised Cabbage
Braised Collard Greens
Chickpea Ratatouille (V)
Glazed Summer Squash and
Carrots
Fresh Vegetable Melange
Chili Roasted Sweet Potatoes (L)
Steamed Red Rice
Herb Roasted Potatoes (L)
Celery & Sage Bread Stuffing
Macaroni & Cheese
Mashed Potatoes (L)
Natural Turkey Gravy (L)

ASIAN BAR

Orange Chicken (L)
Chicken and Broccoli (L)
Pepper Pork
Spicy Green Beans
Cabbage & Carrots
Spicy Taiwanese Noodles
Vegetable Lo Mein
Mongolian Beef
Steamed Dumplings
Spicy Meatballs
Variety of Fried and Unfried
White and Brown Rice Dishes

CARIBBEAN BAR

Jamaican Curry Chicken (L)
Caribbean Fish with Mango Salsa
Jamaican Beef Patty
Caribbean Potato Curry
Jamaican Vegetable Stew (V)
Curried Pineapple Rice

SOUP

Navy Bean with Ham
Creamy Broccoli
Hot & Sour

Thursday

HOT BAR

Oven Roasted Turkey (L)
Spicy Middle Eastern Chicken
Wings (L)
Chicken and Spinach Lasagna (L)
Slow Cooked Pork Loin with
Balsamic BBQ Sauce
Veracruz Style White Fish with
Cilantro Jus
Pasta with Basil Pesto (V)
Smothered Turkey Salisbury
Steaks
Braised Cabbage
Roasted Eggplant
Green Bean Casserole
Fresh Vegetable Melange
Sweet Potatoes with
Marshmallows (L)
Sweet Potato Casserole (L)
Macaroni & Cheese
Cranberry Sauce

ASIAN BAR

Teriyaki Chicken (L)
Beef and Broccoli
Spicy Calamari
Spicy Green Beans
Cabbage & Carrots
Drunken Noodles
Vegetable Lo Mein
Kung Pao Chicken (L)
Steamed Dumplings
Spicy Meatballs
Variety of Fried and Unfried
White and Brown Rice Dishes

INDIAN BAR

Coconut Curry Fish
Tandoori Chicken (L)
Cilantro Coconut Rice
Potato Curry
Vegetable Curry (V)
Chana Masala

SOUP

Beef and Barley
Vegetable Minestrone
Asian Chicken Noodle (L)

Friday

HOT BAR

Oven Roasted Turkey (L)
Buffalo Chicken Wings (L)
Oven Baked Chicken (L)
Roast Pork Loin with Spiced
Chutney
White Fish Almondine
Penne with Pomodoro Sauce (V)
Meatloaf with Gravy
Braised Collard Greens
Steamed Okra
Minted Sweet Peas with Pearl
Onions
Sweet Potato Casserole (L)
Steamed Red Rice
Twice Baked Scallion Potatoes (L)
Celery & Sage Bread Stuffing
Mashed Potatoes (L)
Natural Turkey Gravy (L)

ASIAN BAR

Coconut Chicken (L)
Hunan Fish
Pepper Steak
Spicy Green Beans
Vegetable Delight
Asian Spicy Noodles
Taiwanese Rice Noodles
Pepper Steak
Vegetable Spring Rolls
Thai Fried Rice
Steamed Dumplings
Spicy Meatballs
Variety of Fried and Unfried
White and Brown Rice Dishes

CHEF'S THEME BAR

Chicken Quesadilla (L)
Vegetable Quesadilla (V)
Beef Quesadilla
Chipotle Cheese Enchiladas (V)
Mexican Rice
Spicy Beans

SOUP

Vegetarian Chili
Manhattan Seafood Chowder
Hot & Sour